Last Friday OVPS said a special good bye to Mr Grant Scarborough at the schools assembly. Mr Scarborough will be missed by students and staff here at OVPS. Good Bye and Good Luck Mr Scarborough, we will miss you.
Value of the Week is PRIDE

Pride is defined as a feeling of self-respect and personal worth. Ask your children what makes them feel proud about themselves. Is there something they have done that has made them feel proud, is there something they have done that makes you proud of them?

Cameras

Last week we consulted with the P&C to begin investigating the costs of installing security devices such as cameras and alarm systems in an effort to curb the recent break ins that we have had to endure. We will keep the community updated as this progresses and want to ensure all parents that the security of our school, the grounds and the people who work and attend the school are our highest priority.

Road Safety – The Crossing

All children and adults must use the pedestrian crossing if they wish to cross Manilla Road before and after school. Vicky, our dedicated crossing guard, is employed to provide safe passage across the road. Please ensure your children are kept safe by using the crossing provided.

Education Week

This Friday we will be holding our Education Week Assembly. This is a great opportunity for parents, carers, grandparents, aunts, uncles and friends to come along to see some of the fabulous items children in our school have prepared. The assembly starts at 10:00am in our school hall. After the assembly we invite all visitors to come into their child’s classroom to see where they work. Everyone is then invited to stay for our lunch break to enjoy lunch with their children.

Parent Notice board

We would like to remind families that we have a parent noticeboard in our front office. Please check this noticeboard regularly for updated information and notes. Please ask at the front office if you wish to put up a notice. We strongly encourage parents to use this as another means of keeping up to date with what’s happening in our school.

Aussie Bush Camp

Outstanding instalments for Aussie Bush Camp need to be finalised ASAP. Wednesday 20th August is the deadline for all payments to be met. Student information sheets were handed out last Friday, please return to the school ASAP.

Library News

What a wonderful cooking adventure we had last Wednesday at afternoon tea, two children from each class were selected to come to the library in recognition of their “respect” for themselves, their friends, their teacher and their book work. Such an important value to learn. In groups we made Cheese and Bacon Muffin’s which were very yummy, even if Mrs O’Neill did nearly burn them! Oops.

Book Week

Our annual Book fair will commence on Monday 11th August. Children will be able to view the range of books available for purchase and create a “wish list” to show parents. The library will then be open before and after school for children to buy a new book to “Connect to Reading”. The book fair is a great opportunity to buy quality books at reduced prices!

Mrs O’Neill

Multicultural Perspectives Public Speaking Competition

At the end of last term I was chosen to represent our school in this competition. It was held at Tamworth Public School. I had to present two speeches. The first one was a 4 minute speech relating to Multiculturism. We could choose from a selection of topics. I chose to speak about ‘Stereotyping’. Then we had to present an impromptu speech. The adjudicator selected the topic and we had 5 minutes to prepare our speech. The topic he gave us was ‘Put your best foot forward’. I was a bit nervous on the day, but I put my best foot forward and enjoyed the experience. At the end of the day I asked the adjudicator how I went and he said I was in the top 6 of all the students there. I felt very proud.

(By Lucy Bowden)
# Assembly Award Winners

## Merit Awards

**Infants**
- **KP:** Madison Sands-Green, Riley Broderick
- **KM:** Laila Ye, Bailey Woods
- **1C:** Dylan Hopwood-Young, Alicia Woods
- **1E:** Taylor Beatie, Olivia Holtz
- **1R:** Elisha Broderick, Lochie Klease
- **2T:** Eva Scherf, Riley Newton
- **2W:** Bridie Morris, Corey White

## Book Work Ribbon

- Rosie Adams
- Levi Mannion
- Kirra-Lee Barber
- Kathy Huang
- Tymain Coffey
- Braiden Muller
- Jeremy Thompson

## Primary

- **K-6P:** Kaitlym Davy-Darlington
- **3S:** Paige Meek, Benjamin Trembath
- **3/4E:** Trista Thompson, Kye Sharp
- **4E:** Teoni Wynne, Jarmarnus Geale
- **5:** Amity Smith, Danny Davidson
- **5/6S:** Elijah Browning, Kaezia Beattie
  
  Connor O’Neil, Layla Klein

- **6L:** Jack Doherty, Bryce Kelly
  
  Grace Murray

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### Resilient Kids

Resilient kids is a 5-week program for children aged 9-11 years old. The program aims to:
- develop resilience
- increase ability to cope
- provide opportunities for self-expression
- increase self-esteem
- reduce feelings of isolation
- enhance kids communication abilities
- increase skills to cope with change

**WHEN:** 5 x Thursdays
- 14th August – 11th September
**TIME:** 3:30 – 5:00pm
**WHERE:** Centacare NENW 203 Marie St, TAMWORTH
**RSVP:** Contact the Family, Mental Health Support Services on 6762 9200

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### Good for Kids Good for life

**Healthy Drinks**

- Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?
- Water has no added flavour, colours, sugar or energy so its the biggest way for kids to quench their thirst.

**Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.**

**Tips to help children drink more water:**
- Offer water when children are thirsty
- Have a jug of water on the table at meal times
- Keep water in the fridge so its cold
- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
- Send a water bottle to school for Crunch & Sip

**Milk is also a nutritious drink that children should consume, as its important for strong bones and teeth.**

**Reference:**

One of our proud sponsors of the Breakfast Club is Bakers Delight in Tamworth City Plaza. Please support this organisation.